

Fold me

Peace begins from within,  
if you are not peaceful  
inside, the world you see  
will be chaotic.



Oregonpositivity.org  
Contact: Positivity.project@oregon.gov

Fold me

# FINDING INNER PEACE AMONG THE CHAOS



When we recognize that life is our mirror, we begin to understand that sometimes the outer chaos can represent our mental state. If we can quiet our inner chaos, our outer chaos can be much more manageable.

Here are six simple ways to find inner peace amidst chaos (link to web article [here](#)):

### **Take a Breather**

In a chaotic situation, one way to instantly trigger a calming response in a chaotic situation is by taking deep breaths. It works more efficiently than you think. When things start getting out of hand, what you need is a break – a break to breathe in fresh air and collect all your thoughts. Just go for a walk or sit quietly with your eyes closed and breathe deeply. At this moment you can be with yourself but also become aware of your thoughts. Once you regain clarity, you can get back to the situation at hand.

### **Visualize The Situation**

When you experience chaos, the first thing you need to do is to remain calm and visualize the situation. Envision the outcome you want, and spread down all the ideas you have. Visualize a situation that is a win-win for everyone or something with a more friendlier approach. This way, you won't jump to conclusions and make decisions that you'd regret later. Always remember to stop and think. Taking a minute to organize your thoughts can help you handle the situation better.

### **Don't Give Up**

Don't despair as soon as chaos hits you. The best way to create peace in your life is to believe *with conviction* that everything will be okay. You just need to give it time and assess the situation and you'll be able to see more clearly. There will always be a solution, maybe not the solution you expected or wanted, but don't let chaos scare you away. You may wonder how confidence can help deal with the chaos, but it gives you the feeling of knowing things will be okay.

### **Focus On The Task At Hand**

Don't clutter your mind with too many things at once. Step away from everything and keep your eyes and heart focused on one unique mission. Cling to your purpose in life, and don't let the chaos get to you. Letting it get to you can disrupt your peace and dull your dazzle. Focus on how you can add value to the mission and how to improve your situation. If you let chaos take over, you will move away from your purpose.

### **Take A Break To Reconnect**

Sometimes, you work too much, and it starts to get to you. That's when chaos strikes, even between work. Prompt your brain to take a break to do other things like listening to music or reading a book. It's a great way to de-stress and relax. And with your stress taken care of, you don't need to worry about a chaotic situation. Use this time to reconnect with someone or do something that relaxes your body and mind, like yoga or meditation. When you get back to work, you'll have a revitalized attitude from restoring yourself.

### **Find Your Place of Serenity**

No matter what chaotic situations you have to deal with, always have a few serenity triggers that can give you instant relaxation. They will help you find a peaceful place whenever the need arises. It could be exercise or just laughing with a group of friends. Having a light-hearted approach to the chaos can help you return to a tranquil place.

*While much of life is outside of our control, we can control how we react. Knowing that we have the ability to affect and regulate our inner chaos makes our outer chaos much more manageable.*